

HEALTH AND LIFE HABITS OF UNIVERSITY STUDENTS – A MULTIVARIATE ANALYSIS OF RISK FACTORS

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Abstract: In the current situation in Brazil, one of the biggest changes is the greater access of young people to higher education, considering that this entry into the university world occurs at an increasingly earlier age. The objective of the study carried out was to observe the profile of university students from some courses in specific areas, these being courses in the humanities area and courses in the health area, as well as their behavior, and through this data analyze health habits is due. The method used was the application of questionnaires covering some aspects regarding students' daily habits and customs, in addition to sociodemographic data. It is assumed that by having access to information that improves knowledge regarding good lifestyle and health habits, students in health courses could have a better result; however, what was observed was a balance between the two areas of study analyzed, and observing that students who will become future health professionals do not reflect what they have learned throughout the course, which becomes worrying.

Keywords: university students; habits; health; life.

INTRODUCTION

In the 21st century, after countless social and political changes, as well as educational ones, there is a greater number of students at universities, new individuals who enter the academic environment at an increasingly earlier age and present social and ideological changes, a reflection of the environment and society in which they live. Even though several patterns in society have changed, the university period continues to be delicate and unique, endowed with various responsibilities, knowledge, discoveries and adventures. It is therefore observed that the high level of globalization and computerization, urbanization, rise in the use of legal and illicit

drugs and changes in morbidity and mortality patterns reflect on the lives of the population, especially the young university population. In health there was an epidemiological transition, chronic diseases (arising from lifestyle) will be the main ones in the new millennium, replacing infectious diseases, with the exception of anthropogenic ones, this transition is present in a context of excessive use of alcoholic beverages and cigarettes, both, factors associated with chronic diseases, for example: High Blood Pressure and Cancer. It is estimated that there are 1.4 billion smokers in the world, in addition, according to a study carried out with 200 thousand inhabitants by CEBRID (Brazilian Center for the Study of Psychotropic Diseases), 68% of the sample consumed alcohol. For example, the lack of adult supervision, constant frequenting of bars, among other factors, increases the likelihood of drug use, especially alcohol. "Such expectations are influenced by family, culture and partners with whom the person relates, because although there is a predisposition of individual factors, the influence of social agents is quite powerful". (Pedroso et al, 2006). In general, in their leisure time, few university students engage in cultural and/or sporting activities; in their free time, students generally watch television or go out with friends.

"On these occasions, it is common to go to bars or parties where alcohol is frequently used. Frequent drinkers (people who consume at least five drinks of alcohol on a typical occasion and get drunk monthly) are more likely to drink in contexts where there is social facilitation (e.g., bars, parties) than occasional drinkers." (BIZARRO; FOGAÇA; PEUKER, 2006.)

This, together with the lack of regular sleep and other factors, characterizes entry into university as a critical period, of greater vulnerability, for the initiation and maintenance of the use of alcohol and other drugs (BIZARRO; FOGAÇA; PEUKER,

2006).

The diet is disordered and includes industrialized foods, a lack of nutritious foods, in addition to the frequent consumption of junk food and fast foods, which despite being practical, are related to overweight and changes in serum sugar and triglyceride levels.

University students go through a phase of development marked by transformations, new experiences, greater freedom and intense emotional experiences. Most of the time, students are away from their families and are responsible for their daily routine, which includes schedules, meals and other responsibilities. This scenario can contribute to student exposure to health risks, which highlights the need for health information projects. "Regular practice of physical exercise or sports and not using drugs are considered protective factors for people's health" (PNS, IBGE - Brazilian Institute of Geography and Statistics, 2013).

"According to the WHO, abusive consumption of alcoholic beverages is considered a risk factor for the main Chronic Non-Communicable Diseases (NCDs), as well as accidents and violence. The percentage of the population aged 18 or over who used to drink alcohol once or more a week in Brazil was 24.0%, varying from 18.8% in the North Region and 28.4% in the South Region". (PNS, IBGE - Brazilian Institute of Geography and Statistics, 2013).

Health arises from the interaction of physical, environmental, mental factors, among others, being a dynamic and relative process, the university student finds himself at the center of all these factors in an environment of neglect of eating habits, sexual habits, among others that reflect his quality of current and future life. "In the university environment there is great exposure to alcohol, tobacco and other drugs, in addition to social norms that favor consumption" (Rigotti, Moran, & Wechsler, 2005). At

university, students have easy access to drug use and most of the time they do not have the perception and responsibility to deal with this aspect in addition to others inherent to life and thus this issue becomes a public health problem that affects the lives of students at university. today, of future students and also the consequences that this behavior brings to other strata of society.

The university population is an active source of growth for society and must serve as an agent of social and educational transformation, despite the greater information access provided to students, this is not reflected in their actions.

The research investigated the prevalence of risky health behavior among academics in the Health and Humanities areas at Unimar. Seeking to understand and relate students' lifestyle habits with their respective areas of study, considering their sociodemographic situations. In addition to analyzing lifestyle habits, relating them to the acute or chronic appearance of diseases related to drinking, sedentary lifestyle, among others. Social changes are also evident in the life and health of the population, requiring studies like this to gain knowledge on the subject, which can later be used in the implementation of actions that seek to adapt prevention and health promotion measures to contemporary habits. There are some works that deal with the subjects covered here, but do not make a correlation between the areas that constitute health quality and the lifestyle habits covered in this work. The increase in life expectancy in Brazil requires that prevention measures and the search for a positive intrapersonal and interpersonal emotional life be taken from the beginning (childhood) and mainly by the young university population, in order to protect and qualify this active population in the transformation's partners and sanitary.

"Entering higher education, in addition to

ushering in a period of greater autonomy, is also a time of greater vulnerability to risky behaviors, making young people more susceptible to drug use and its consequences..." (LOPES; CUNHA; ZIBETTI, 2014).

Therefore, the objective is to analyze the profiles and prove possible better decision-making regarding health by these students. Since university students, especially those in health, are expected to have better understanding and care regarding health and social risks.

METHODOLOGY

The research was carried out at ``Universidade de Marília``, located in the city of Marília, central-west of São Paulo, questionnaires were applied to students from the institution, divided into two areas: health and humanities; with students from Medicine, Nursing, Dentistry, Law, Administration and Psychology respectively.

It was a cross-sectional, observational and descriptive study, collecting information that traces the socioeconomic profile of the interviewee, in addition to their lifestyle habits, such as: sedentary lifestyle, addictions and health care. Through three tests already validated in Brazil, CAGE (1983, assessment of alcohol dependence), Fagerström Test for Nicotine Dependence (nicotine dependence test) and SF-36 quality of life scale (physical capacity), and other questions prepared by researchers dealing with economic characteristics, housing, sleeping habits, medication use, eating habits, preventive and contraceptive methods, anthropometric data, leisure habits and chronic diseases; containing 38 questions, only the last one being discursive about personal health history - example: Asthma or Diabetes and use of medications.

Participation in the research was anonymous and occurred by self-completion of the questionnaire, some questionnaires

were not completed completely, this in itself could mean neglecting the importance of knowledge on the subject.

In total, there were 180 interviewees, who signed an Informed Consent Form authorizing their participation in the research. The coordinators of each course also signed a consent form authorizing the research. The collected data was analyzed and compared using EXCEL and BIOESTAT. The project was submitted to the UNIMAR Human Research Ethics Committee and was approved, opinion number 1,363,652.

RESULTS AND DISCUSSION

		Percentage among the total respondents
Gender	Female	73%
	Male	27%
Ethnicity	Yellow	4%
	White	72%
	Indian	1%
	Brown	18%
	Black	5%
Marital status	Married	9%
	Divorced	2%
	Single	87%
	Widow / Widower	-
	Others	2%
Who do you live with	Friends	3%
	Parents	64%
	Other relatives	9%
	Single	12%
	Others	12%

Table 1 - Sociodemographic data

USE OF ALCOHOLIC BEVERAGES

In relation to the data researched regarding the use of alcoholic beverages, in general among the students of the courses interviewed, the Dentistry course (22%) had a higher percentage of people who reported being alcoholics, while the lowest percentage belongs to the Nursing course (12%). Alcohol

users were further subdivided into two categories according to the way they drink: moderate use, in which those who responded to drink in moderation were classified, and abusive use, in which those who responded to drink more frequently were classified. Therefore, once again the Dentistry course appeared as the worst performer, totaling 21% of those who reported abusive use, also leading the statistics of moderate use (29% of the total). The difference between the health and human areas was verified by the p value <0.000067, obtained by applying the Tukey Test.

Course	Percentage among the total respondents
Administration	20%
Law	14%
Nursing	13%
Medicine	19%
Dentistry	21%
Psychology	13%

Table 2 - Moderate use of alcoholic beverages by course

Analyzing by areas, dividing the courses between Humanities and Health, the survey indicated that there was worse performance among courses in the Health area (Nursing, Medicine and Dentistry), with a greater number of respondents who declared themselves to be alcoholics, also in this area - with a not very significant difference - where are the students who said they abuse alcohol the most.

Course	Percentage among the total respondents
Administration	12%
Law	12%
Nursing	6%
Medicine	18%
Dentistry	29%
Psychology	23%

Table 3 - Abuse of alcoholic beverages by course

In comparison to research carried out where 29.8% (practically a third of the sample) demonstrated a high risk for alcoholism (OLIVEIRA; SOIBELMANN; RIGONI, 2007), among the UNIMAR courses it was observed that 14% of the total number of individuals who reported using of alcohol reported abusive use of it, which highlights a lower risk of dependence and future disease. The use of alcohol was reported in studies referenced here due to the social importance of the use and many students allude to the use of alcohol to the fact that they can feel included in the environment and also because they feel more uninhibited according to Marlatt and Gordon (1993) if they know that some factors such as culture, group norms and expectations about the effects of alcohol influence drinking behaviors.

Despite the study carried out at the Faculties of Health Sciences of two public universities in Alagoas, the prevalence of alcohol abuse among participants was only 8.7% (Camacho, Oliveira, Passos and Pedrosa, 2002), with men having a higher prevalence larger, in this analysis we observed that although UNIMAR is located in a neighborhood of the city with a mostly university population, with bars and nightclubs in the neighborhood, the results do not indicate a significant population with alcohol abuse, a fact that can be justified by the fact that the majority of the sample still living with his parents. However, it is worrying since among the 14% in which abuse was observed, 21% were Dentistry students on a health course, which shows that young people, despite having knowledge about the risks of use, neglect the practice.

CIGARETTE USE

The research collected data on students who reported using cigarettes, classified as smokers and non-smokers, and the results divided by course and area. $p < 0.0001$. The worst performance among the courses was with Administration students, with 27% of the total, followed closely by the Dentistry course, with 26% of the total students among smokers. The Law and Nursing courses had the best performances, totaling 5% for each course among the total number of declared smokers.

Course	Percentage among the total respondents
Administration	27%
Law	5%
Nursing	5%
Medicine	26%
Dentistry	21%
Psychology	16%

Table 4 - Percentage of total smokers by course

Observing the data by areas (Humanities courses and Health courses), the Health area has the highest number of students who reported being smokers, but with an almost insignificant difference in relation to courses in the Humanities area. In this study, the majority, 72%, presented a low degree of dependence according to Fagerstrom's criteria. p value < 0.0001 , once again in relation to the study carried out in Alagoas (Camacho, Oliveira, Passos and Pedrosa, 2002) where 27.8% of university students reported using tobacco, a value very close to that reported here. In another study carried out at ``Universidade Federal de Pelotas`` (UFPel) in 2008, only 11.4% of male students reported that they smoke regularly or on weekends, this percentage was lower in females, 8.8%, a lower value than what is presented here, it highlights yet another habit acquired and

perpetuated in university life and is correlated with anxiety and other behavioral disorders, in addition to being a predisposing factor for the development of cardiovascular diseases. However, non-excessive use was observed, corroborating research carried out by IGBE.

PHYSICAL CAPACITY

One of the data researched was in relation to physical capacity, using the score criterion, through some questions about the activities carried out on a daily basis.

From a general point of view, the courses had very compatible results, with no significant difference being observed between the statistics collected. The course that had the worst performance was once again the Dentistry course, which had the worst rates in the questions that concern the assessment of physical capacity, taking into consideration, the score of the questions asked, p value < 0.0001 student's t -test.

In relation to statistics by area, courses in the Health area performed worse when analyzing questions regarding physical capacity, taking into consideration, the ideal result considering the score of each requirement of the questions addressed.

	Suboptimal result	Result above ideal
Administration	18%	22%
Law	18%	-
Nursing	17%	6%
Medicine	17%	22%
Dentistry	14%	33%
Psychology	16%	17%

Table 5 - Physical capacity

“In Brazil, 27.1% of men aged 18 or over practiced the recommended level of leisure-time physical activity, while for women this percentage was still 18.4%. The Brazilian average was 22.5% including the urban and rural areas of the country”. (PNS, IBGE -

Brazilian Institute of Geography and Statistics, 2013), a superficial value, which shows that the population is less protected in relation to physical and emotional illnesses. In the sample of this study, 37% of the total students said they practiced some exercise, compared to 63% who did not exercise. Among those who practice anaerobic and aerobic exercises, weight training and walking respectively were the most cited, being distributed equally. It is proven that among university students, the practice of physical exercise is insufficient, a fact that may be caused by the lack of time between study periods, but which did not show differences between the courses and their respective class times and workload; showing that the practice of exercise is not linked to a specific course and depends on other factors. Therefore, there is a need to encourage young people to start and maintain the practice.

“The percentage of adults who practiced the recommended level of physical activity in their free time tended to decrease with increasing age, as can be seen in the proportions of the 18 to 24 age groups, where 35.3% practiced the recommended level of leisure-time physical activity, while among adults aged 25 to 39 years the proportion was 25.5%”. (PNS, IBGE - Brazilian Institute of Geography and Statistics, 2013)

SLEEP QUALITY

Regarding sleeping habits, each student was asked how many hours of sleep they slept per night, divided between those who slept an average of 8 hours per night; those who sleep an average of less than 8 hours; and those who sleep an average of more than 8 hours. p -value < 0.4844, t -student.

	8 or more than 8 hours of sleep per night	Menos de 8 horas de sono por noite
Administration	18%	21%
Law	16%	16%
Nursing	11%	20%
Medicine	12%	20%
Dentistry	22%	14%
Psychology	21%	9%

Table 6 - Sleep time

Taking into consideration, the results by courses, and analyzing the data from students who responded that they had an average of 8 hours or more of sleep per night (with an average of 8 hours considered as an ideal sleep time), the Nursing course appeared as the course with the worst performance, thus reaching the conclusion that students on this course have a low quality of sleep.

Also analyzing statistics by area, courses in the Health area had the worst performance regarding questions evaluating sleep quality.

Research has linked a lack of rest to everything from immune system disorders to cognitive failure to weight control.

In this study we will relate sleep to learning, a cognitive activity that occurs from the consolidation of memory and sleep plays an essential role in this process during part of sleep, which is called REM sleep, occupying 20% of an adult's total sleep time. and the rest is called NREM (Non-REM) sleep. Sleep is a special activity, generated by specific regions of the brain, of cyclical occurrences, which alternate for the balance of life. Sleep is initiated by the NREM state and NREM and REM states alternate. (VALLE; VALLE; REIMÃO, 2009)

Health students obtained the worst result, the curriculum and course schedules are preponderant factors, two of the three courses studied (Medicine and Dentistry) are daytime and full-time courses, both with a massive study load. Sleep plays a fundamental role in

academic development and social behavior, being associated with stress and decreased quality of life. According to the New American Guidelines, adults aged 18 to 64 are advised to get 7 to 9 hours of sleep per day.

BMI

Body mass index (BMI) is a measurement based on height and weight; people with a BMI of 18.5-24.9 are normal weight, while those with a BMI of 30 or more are obese.

The students were asked questions regarding height and weight in order to calculate their BMI, based on the data obtained. In relation to the BMI categories, the research results showed that the Administration course has the worst performance, with the highest percentage among the categories "Overweight", "Obesity I" and "Obesity II", totaling 20% of students who are among the areas mentioned, and also being the course with the highest percentage between the "Very underweight" and "Underweight" categories, being 40%, p value < 0.4836 .

Analyzing the data by area, courses in the Humanities area have the worst performance, with the majority of students falling into the categories of "Overweight", "Obesity I" and "Obesity II" (53% of the total respondents), and also between the categories "Very underweight" and "Underweight" (80% of total respondents).

Studies indicate a close relationship between high body mass index and chronic diseases, mainly Metabolic Syndrome, Diabetes and cardiovascular diseases. "The results found in a group of hospitalized patients confirm the population evidence that there is a different distribution of body fat among patients with chronic diseases and other diseases." (NAVARRO; STEDILLE; UNAMUNO; MARCHINI, 2001)

	Normal BMI	BMI below normal	BMI above normal
Administration	14%	40%	20%
Law	15%	10%	18%
Nursing	17%	10%	17%
Medicine	18%	-	17%
Dentistry	21%	10%	13%
Psychology	15%	30%	15%

Table 7 – BMI (body mass index)

* The total sample does not correspond to 100%, as some interviewees did not respond.

CONTRACEPTIVE METHODS

The questionnaire addressed issues related to the use of contraceptive methods among students in each course, such as the pill or condoms. Among the students who declared using contraceptive methods, the Dentistry course represented the highest percentage, with a total of 20% of those surveyed, assessed using the Chi Square test, $p < 0.0549$.

In relation to students who said they did not use any contraceptive method, the worst rate belonged to students on the Administration course, with 44% of the total respondents who responded that they did not use contraceptive methods.

Regarding the analysis by area, courses in the Humanities area had the worst performance, with 69% of the total of those who said they did not use any contraceptive method. The result highlights the risk of early pregnancy and the development of sexually transmitted diseases, corroborating research carried out among young Brazilians, this population has no knowledge about sexually transmitted diseases and forms of infection.

	People who use contraceptive methods	People who don't use contraceptive methods
Administration	14%	44%
Law	15%	19%
Nursing	18%	6%
Medicine	19%	19%
Dentistry	20%	6%
Psychology	14%	6%

Table 8 - Use of contraceptive methods

The worrying rate observed among Administration students can be justified by the lack of knowledge, health students constantly have access to cases of people with STDs, this can play a relevant role when taking preventive care. Confirming the data: 40% of young people do not consider the use of condoms to be an effective method in preventing sexually transmitted diseases or pregnancy, 36% did not use a condom the last time they had sexual intercourse; and only 9.4% went to a health center in the last 12 months to obtain information or treatment for STDs. (Caixa Seguros; Ministry of Health; Pan American Health Organization)

Condoms are the most effective method to prevent many sexually transmitted diseases,

such as AIDS, some types of hepatitis and syphilis, in addition to preventing unplanned pregnancies.

It was found that 34.10% believed they were safe from STDs with the use of contraceptive methods other than condoms (male and female), 49% did not declare the use of condoms during sexual intercourse. (PORTAL BRASIL)

CONCLUSION

Among six comparisons, in three, health courses obtained worse results, namely: alcoholism, sleep quality and physical capacity. The other three worst results were for students in the humanities area, namely: smoking, BMI and use of contraceptive methods. In conclusion, with the present study, although students in the health area have more access to information that contributes to a better lifestyle, the results were well distributed between the areas (health and humanities), which can be considered a given worrying, since, by having knowledge about the risks that such a lifestyle can cause, they could adopt different measures, giving examples and teaching those who seek them out for a better lifestyle, instead of neglecting what they learn.

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